

# Free Fall Cambridge Youth Wrestling Clinics



Come join us for the free Cambridge Youth Wrestling Clinic. This free clinic will be run by NCAA D1 All-American Andrew McNerney and CRLS wrestling coaches Sam Novod and Yves Lamitie.

The clinic will be for 5<sup>th</sup>-8<sup>th</sup> graders and will be used as a way to introduce kids to wrestling. The Fall session will be hosted twice a week on Wednesdays from 5:00 to 6:45 and on Saturday from 3:15 to 4:45 at the War Memorial building (1640 Cambridge Street, Door #15) in the Multipurpose Room beginning September 16<sup>th</sup> until November 21<sup>st</sup>.



“More enduringly than any other sport, wrestling teaches self-control and pride. Some have wrestled without great skill - none have wrestled without pride.”

-Dan Gable



- Wrestling is one of the oldest, toughest, and most respected sports in the world. Due to all the rules it is also one of the safest.
- Wrestling is for kids of all size and shapes. Wrestling uses weight class to match competitors, so no one wrestles someone who is not their size.
- Wrestling will humble the best athletes and give pride to the less athletically inclined. Through wrestling, kids will gain self-discipline and will develop better work ethics, which can be applied to anything in life.
- Even if wrestling is not your main sport, kids will be better prepared for any competition. It provides, better balance, body control, and explosion, among other things.

For more information,  
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